

## Kentucky Super Beans

In a large crockpot/slow cooker place:

2 14.5oz cans of cut green beans (drained)  
2 14.5oz cans of shelled beans  
1 Tablespoon onion powder  
Dash of garlic powder  
2 Teaspoons Black pepper (or to taste)  
1 slice salt pork/jowl bacon (1/8 inch thick and about 4 inches long)

Stir

Turn to high

Cook for 8 hours (stirring every two hours or so)

## Chicken Fried Steak

4 cube steaks (1 pound)	<u>gravy</u>
1 cup flour	1 cup milk
1/4 teaspoon salt	1 tablespoon flour
1/8 teaspoon pepper	1/4 teaspoon beef bouillon
dash onion powder	1/8 teaspoon pepper
2 eggs, slightly beaten	1 teaspoon butter
4 tablespoons oil	

Trim off any excess fat from steaks. Mix together flour, salt, pepper and onion powder. Coat steaks with flour, then eggs, then in flour again. Cook in medium hot oil approximately 5 minutes on each side or until they look done. Remove from pan. To make the gravy: stir together flour and milk until smooth. Add bouillon and pepper. Add milk mixture to the hot drippings in the pan and cook until it's boiling and thickening. Stir in butter. Serve with steaks.

## Mom's Pizza Burgers

2 cans (15 oz) tomato sauce  
1 lb. ground beef  
1/2 cup uncooked regular rice  
1/4 teaspoon garlic powder  
1/4 teaspoon oregano leaves  
1/2 teaspoon Italian seasoning  
1-1/2 teaspoon instant beef bouillon  
1 cup boiling water  
1 package (4 oz) shredded pizza cheese (about 1 cup)  
Heat oven to 350.

Mix 8 oz tomato sauce, ground beef, rice garlic powder, and oregano. Shape into 6 patties, 1/2" thick. Place in ungreased 9 x 13 baking pan. Bake uncovered 20 minutes.

As patties are baking, dissolve bouillon in boiling water and stir in rest of tomato sauce.

Remove patties from oven after baking. Drain grease.

Pour tomato sauce mixture over baked patties. COVER and bake 35 minutes. Spoon tomato sauce over patties and sprinkle with cheese. Bake uncovered until cheese is melted, about 5 minutes.

## Meat Loaf

1-1/2 pounds ground meat (you can use beef, pork, veal or turkey or any combination to make 1 and 1/2 pounds)  
1 cup dry bread crumbs, oatmeal or cracker crumbs  
1 egg, beaten  
1/4 cup tomato or barbecue sauce (optional)  
1/2 cup chopped onion (can use of onion powder)  
1/2 teaspoon salt (optional)  
1/4 teaspoon pepper  
1/4 teaspoon garlic powder  
1/4 teaspoon sage

topping  
1/2 cup tomato or barbecue sauce

Mix together all ingredients, except topping, thoroughly. Press into 8x4 or 9x5 inch loaf pan or shape into a loaf and place in a 12x8 baking pan. Top with either tomato or barbecue sauce. Bake in a 350 degree oven as follows: 8x4 or 9x5 loaf pan - approximately 1-1/2 hours; 12x8 baking pan - approximately 50 minutes. The meat loaf is done if the juices run clear. Let set 5 minutes before serving.

## Asparagus with Zesty Sauce

2 pounds asparagus spears or 1-1/2 pounds broccoli  
1/3 cup frozen orange juice concentrate, thawed  
1/3 cup fat-free mayonnaise dressing  
1 teaspoon Dijon-style mustard  
Dash pepper  
Thin strips of orange peel

Wash asparagus spears; scrape off scales, if desired. Break off woody bases and discard. Or, wash and remove outer leaves of broccoli and tough parts of stalks; cut lengthwise into spears.

Place asparagus or broccoli in a steamer basket over simmering water. Cover and steam for 7 to 9 minutes for asparagus or 8 to 12 minutes for broccoli or until crisp-tender. Remove steamer basket and reserve 2 tablespoons of the steaming liquid.

For sauce, in a saucepan whisk together the thawed orange juice concentrate, mayonnaise dressing, mustard and pepper. Stir in 1 to 2 tablespoons of the reserved liquid to make sauce the desired consistency. Cook and stir over low heat for 1 to 2 minutes. Do not boil.

To serve, arrange asparagus or broccoli on a serving platter; spoon sauce over spears. Garnish with strips of orange peel. Makes 8 servings.

### Shrimp & Sugar Snap Sauté with Garlic Toasts

4 slices frozen Texas Toast  
1 tbsp stick butter  
1-1/2 lb frozen extra large shrimp, thawed  
8 oz pkg trimmed sugar snap peas  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  tsp pepper  
1 pint grape tomatoes  
1 tsp minced garlic  
3 tbsp chopped parsley  
1-1/2 tsp grated lemon peel  
Lemon wedges

Heat broiler. Line rimmed baking sheet with foil. Place toast on foil. Broil toast 2 - 3 minutes turning once.

Melt butter in large skillet. Add shrimp, peas, salt and pepper. Cook over medium-high heat, stirring often for 3 minutes or until shrimp is almost cooked.

Add tomatoes and garlic to skillet, cover and, shaking often, cook 2 minutes until tomatoes soften and shrimp are cooked. Stir in parsley and lemon peel.

Serve with toast and lemon wedges.